




Product Spotlight: Eggplant


Eggplants are super versatile and loved for their creamy texture after cooking. The eggplant is commonly known as a vegetable, but it is a member of the berry family!



Pasta Alla Norma with Shaved Parmesan

Pasta Alla Norma is a traditional Sicilian dish of spaghetti tossed with roasted eggplant in a tomato sauce garnished with fresh basil. The sweet tomato sauce and savoury eggplant create a deliciously balanced flavour.

 25 minutes

 2 servings

 Vegetarian

5 May 2023

Spice it up!

Add a few slices of fresh red chilli or dried chilli flakes and a squeeze of lemon to spice this dish up.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	19g	137g

FROM YOUR BOX

LONG PASTA	1 packet
EGGPLANT	1
BROWN ONION	1
BUTTON MUSHROOMS	150g
TINNED CHERRY TOMATOES	400g
MESCLUN LEAVES	1 bag (60g)
AGAVE DRESSING	1 sachet
PARMSAN CHEESE	1 packet
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 2 garlic cloves, sugar of choice (see notes)

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

We used white sugar; brown sugar or honey would also work well.



1. COOK THE PASTA

Set oven to 220°C.

Bring a saucepan of water to a boil. Add pasta (use to taste) and cook according to packet instructions. Drain pasta.



2. ROAST THE EGGPLANT

Slice eggplant into 1cm thick pieces. Place on a lined oven tray. Coat well with **oil**. Season with **salt and pepper**. Roast for 15-20 minutes until golden and tender.



3. SAUTÉ THE SAUCE

Heat a large frypan over medium-high heat with **oil**. Dice onion, slice mushrooms and crush **garlic**. Add to pan as you go. Sauté for 5 minutes. Add cherry tomatoes and **1/4 tin water** to pan. Simmer for 5 minutes.



4. DRESS THE MESCLUN

Add mesclun leaves to a large bowl along with agave dressing. Toss well to dress.



5. TOSS THE PASTA

Add roasted eggplant, **1 tbsp olive oil** and **1/2 tsp sugar** to pasta sauce. Add drained pasta and **1/3 packet parmesan** (reserve remaining to serve). Toss well to combine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop basil leaves.

Garnish pasta with chopped basil and remaining parmesan. Serve tableside along with dressed mesclun leaves.

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